Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 26 Feb 2020 08:41

_____

Hi to all, I am new here and this is my first time posting. I am married with a child and struggle primarily with masturbation. I struggled with shemiras einayim since high school (who didn't) and had an unfiltered phone for a period of time. I spent a lot of my time on YouTube watching stripteases, Swimsuit videos and the like. I have seen porn but it's not something I struggle with on a regular basis.

I masturbated for the first time when I was already in my twenties and have been struggling with it since then. Over the course of the years I tried numerous things some helped a little, some a lot, but none of them worked. At a certain point, I had enough and I took both of my unfiltered phones and broke them in half and to this day I have a kosher phone. Obviously this wasn't the only issue (granted a huge issue but not the only one) because even after this I still struggled.

This is when I realized I have a more serious issue.

I am a serious avreich learning full time, I learn mussar regularly and constantly strengthen myself with various incentives. I can then usually keep myself clean for 2-3 weeks, then this or that and I am back to square one. I will then go through a phase of a few days with no control depression feeling awful about myself and what I did. I get so upset at myself because of how hard I am trying and how important this is to me that I go through a stage of complete disconnect, guilt and depression. Usually after a few days of this I tell myself that Hashem doesn't want be to feel guilty (at least not this way) because the guilt/depression is causing you to act out (and Hashem obviously doesnt want that...).

I found this to be particularly helpful, knowing that even though i was doing something terrible and maybe there would be a time to feel guilty, now isn't that time. Now is the time for a fresh start and a fresh start means no guilt, rather, a new day and a new opportunity.

This helps me get out of the rut, however, I can't seem to stay clean for more then 2-3 weeks. It can be anything from a hard day to seeing something etc. it's like something happens that makes me think "it's just not worth the fight this time" or "just do it and don't think".

==========

Re: Am I going to suffer for the rest of my life?

Posted by wilnevergiveup - 27 Dec 2020 21:20

_____

Just been munching on brownies that really don't fit into my diet plan right now... Have been having "just a sliver"...

Anyway, I've been at it for about an hour now and the only reason I stopped is because there is no more left...

That's what happens when you leave your guard down I guess...

Just a little and just a little never ends up being just a little. Even that first little I cannot afford.

==========

Re: Am I going to suffer for the rest of my life?
Posted by Lou - 27 Dec 2020 22:08

_____

Hello, I started looking at this thread just because there was a new post here today. But once I started,I had to go all the way back to the beginning to read the whole thing. I am very inspired by your story and your posts.

Thank you very much!

==========

Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 18 Jan 2021 19:25

_____

Boruch Hashem, I am doing really well as of late.

In other news, we had a beautiful baby boy and I am really grateful to Hashem for this tremendous berachah.

Please Hashem, help me keep my home pure for my new little boy and help us raise a beautiful *mishpacha* and help us remain *kaddosh v'tahor.*

==========

Re: Am I going to suffer for the rest of my life?
Posted by DavidT - 18 Jan 2021 19:45

_____

wilnevergiveup wrote on 18 Jan 2021 19:25**:**

Boruch Hashem, I am doing really well as of late.

In other news, we had a beautiful baby boy and I am really grateful to Hashem for this tremendous berachah.

Please Hashem, help me keep my home pure for my new little boy and help us raise a beautiful *mishpacha* and help us remain *kaddosh v'tahor.*

Mazel Tov!!

May you always be able to share good news with us! A bunch nachas!

==========

Re: Am I going to suffer for the rest of my life?
Posted by Grant400 - 18 Jan 2021 20:42

_____

wilnevergiveup wrote on 18 Jan 2021 19:25**:**

Boruch Hashem, I am doing really well as of late.

In other news, we had a beautiful baby boy and I am really grateful to Hashem for this tremendous berachah.

Please Hashem, help me keep my home pure for my new little boy and help us raise a beautiful *mishpacha* and help us remain *kaddosh v'tahor.*

Mazal tov! May your son yearn for kedusha and truth, just like his father!

==========

Re: Am I going to suffer for the rest of my life?
Posted by Gevura Shebyesod - 18 Jan 2021 21:01

_____

Mazel Tov!! Lots of Yiddish Nachas!!

==========

Re: Am I going to suffer for the rest of my life?
Posted by Lou - 18 Jan 2021 21:16

_____

Mazel tov!

Lots of Nachas!

==========

Re: Am I going to suffer for the rest of my life?
Posted by Hashem Help Me - 18 Jan 2021 22:32

_____

Mazel tov!!

==========

Re: Am I going to suffer for the rest of my life?

Posted by Sapy - 18 Jan 2021 23:02

Mazel tov!! Lots of Yoddish Nachas!! Thanks for sharing!!

==========

Re: Am I going to suffer for the rest of my life?
Posted by excellence - 18 Jan 2021 23:19

Mazel Tov, Shetizke lgadlo latora.....

==========

Re: Am I going to suffer for the rest of my life?
Posted by Rebuild613 - 19 Jan 2021 00:23

Deleted

==========

Re: Am I going to suffer for the rest of my life?
Posted by Zedj - 19 Jan 2021 00:43

Such good news!

Mazel Tov!

==========

Re: Am I going to suffer for the rest of my life?
Posted by cordnoy - 19 Jan 2021 03:06

---

wilnevergiveup wrote on 18 Jan 2021 19:25**:**

Boruch Hashem, I am doing really well as of late.

In other news, we had a beautiful baby boy and I am really grateful to Hashem for this tremendous berachah.

Please Hashem, help me keep my home pure for my new little boy and help us raise a beautiful *mishpacha* and help us remain *kaddosh v'tahor.*

Mazel Tov! May you be zoche to all the brachos given!

==========

Re: Am I going to suffer for the rest of my life?
Posted by Captain - 19 Jan 2021 14:02

Mazel Tov!!!

==========

Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 19 Jan 2021 18:34

This is really stressful because I just wrote aa whole long post and it disappeared.

Either way, Thank you guys for all the mazal tov's I really appreciate it.

Funny thing is that I just stumbled into a loophole that I would rather not have. I wasn't looking, I wasn't testing my filter, in fact I really don't want this *nisayon* at all.

Why do I have to be faced with this challenge during such a special time for me? Why, I would much rather not to have stumbled upon this. I try my hardest to stay away from the temptation, why does it have to come chasing after me?

I want to be pure for Hashem after all the beracha He has given me. I want to be grateful to my wife for having our baby. I want to keep our home pure for my children (and myself).

I DON'T WANT THIS!

Okay, now I have to make a plan.

Please Hashem, help me get through this. Please help my filter work properly. please help me not mess around until it gets fixed.

Yours truly,

Wilnevergiveup

==========